



### **STILL TIME TO GET FLU SHOTS!**

The influenza vaccine is available in the Immunization Clinic (Monday-Friday) for MCAHC TRICARE Prime/Plus beneficiaries who choose to walk-in. Hours are 0730-1100 and 1300-1600. Patients must have their ID card when presenting for the vaccine. After receiving vaccine, patients are asked to wait to ensure there is not a reaction.



**TRICARE Prime Enrollment Open at  
McDonald Army Health Center  
visit the TRICARE Service Center today!**

### **ACCESS TO CARE STANDARDS**

- \* **URGENT CARE** - wait time not to exceed 24 hours
- \* **ROUTINE APPT** - wait time not to exceed 7 days
- \* **SPECIALTY CARE** - wait time not to exceed 28 days

The TRICARE **Pharmacy** Program is available to all TRICARE eligible beneficiaries in DEERS:  
Defense Enrollment Eligibility Reporting System

Pharmacy home delivery is an excellent choice given the current weather situation and the projected construction in and around the Health Center.

Register by mail, phone (1-877-363-1303)  
Register online: [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE)

## **McDonald Army Health Center Information Bulletin December 2010**



**The Center of Excellence for  
Primary Care and Surgical  
Services in our Community**

**For Appointments call  
1-866-645-4584 or visit us online at  
[www.mcdonald.narmc.amedd.army.mil](http://www.mcdonald.narmc.amedd.army.mil)**

## Top 10 New Year's Resolutions

New Year's Eve is a time to look back to the past , but more importantly, forward to the coming year. The "top ten" resolutions for 2011 are as follows:

1. Spend More Time with Family & Friends- More than 50% of Americans have committed to spending more time with loved ones in 2011.
2. Make Time For Fitness- Regular exercise has been shown to provide more health benefits than anything else known to man. Feel and look better by taking time to work out!
3. Tame The Bulge- Studies show that 66% of Americans are overweight. Set goals and stay focused. Shed some of those extra pounds.
4. Quit Smoking- Kick the habit....even if you've tried before. Most smokers try four attempts before they quit for good. Try support services to kick the habit.
5. Enjoy Life More- Learn to break away from stress and enjoy yourself! You will be both healthier and happier.
6. Quit Drinking- Many people who drink want to quit, but are not able to "draw the line." Reach out to support groups for help. If unable to quit, practice drinking in moderation.
7. Get Out Of Debt- Being in debt brings stress. Work to pay off credit cards. Buy what you can afford.....not charge!
8. Learn Something New- We are never too old to learn something new. Regardless of what you want to do, commit to trying something new! Read a book, go on-line, or take a class. Opportunity awaits.
9. Help Others- Make a commitment to help someone! Helping comes in different forms.....volunteering, helping a friend in need, helping someone elderly, or less fortunate.
10. Get Organized- Regardless of the year, organization always remains a priority. Aim to improve organization at home, work, and reduce "clutter" in your life.



## December Holiday Hours

McDonald Army Health Center (all services, including Main & Refill Pharmacy) will be closed 24-27 December and 31 December-3 January. To schedule an appointment call 1-866-645-4584.

To access the Health Net Federal services web site for information go to: [www.hnfs.com](http://www.hnfs.com)

To schedule acute appointment and/or facilitate authorization to visit an  
**Urgent Care Center**  
call the  
Hampton Roads Appointment Center  
At 1-866-645-4584.



## EMERGENCY CARE

In the event of an emergency  
(threat to life, limb, sight)  
**Dial 911**  
Or  
Report to the closest emergency room.

## Looking Ahead at 2011



As we transition into the New Year there are numerous projects scheduled for 2011 in and around the Health Center as noted below:

- Jefferson Avenue Road expansion and additional Parking Spaces for patients
- Renovation of Second Floor/Operating Rooms
- Renovation of Main Entrance to Health Center/Lobby
- Expansion of Disability Evaluation Services with VA Benefit Advisors
- Re-location of TRICARE Service Center (TSC)
- Ground breaking of new Warrior Transition Unit



**NO SHOWS  
ARE  
COSTLY**

Patients who fail to keep scheduled appointments cost both the military health system and the tax payer. A missed appointment equates to a loss of \$80—\$150. Keep your appointments or call the Appointment Line and cancel, preferably 24 hours in advance.